Pre-Assessment Fitness Appraisal (Student Copy)

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| Test | Result | Student Standard |
| Mile (m:s) | 8:30 |  |
| V-Sit Reach (in.) | 4 |  |
| Trunk Lift (in.) | 10 |  |
| Shoulder Stretch (P/F) | L - Pass R - Pass |  |
| Push Up | 10 |  |
| Curl Up | 75 |  |
| Skinfold Caliper | 25 |  |
| BMI | 20 |  |